

Language- Zo

COVID-19 the facts (COVID-19 a thu a maan)

At this time, the COVID-19 transmission risk in Kentucky is considered low. There is currently no vaccines. learn the fact about the virus to help stop the spread of germs and rumors.

(Tu ciang ciang Kentucky sung ah COVID-19 ki lawh na pen tawm ma ma lai hi. Tu lai tak tami natna ki dal na za tui zong om nai lo hi. Nat na tawh ki sai a thu man lo ki gen te leh nat na lung no te ki lawh thei na te a om lo na ding in a thu lim tak in kan cian in.)

How is it spread? (bang ci ki lawh A hei)

Through the air by coughing and sneezing. Always cover your cough or sneez with your elbow or a tissue, not your hand

(Hui pan a i khuh na leh hetchiai(နာချေ) na pan ki lawh thei hi. A tawn tung in na khuh, na hetchiai ciang na kam na khut tawh hum sin len tissue a hih sih leh na kiu tawh hum in.)

Touching a surface/object with the virus on it then touching your own mouth, nose, or eyes.

(Lung no a bang sa van/na khat poh a hih sih leh putham ci te khut tawh na tham zaw ciang na kam, na nak kua leh namit na tham kia na pan zong ki lawh hi)

Toughing, shaking hands, or having close contact with someone who has the virus.

Tham kha (khut tawh), khut ki tu (လက်ဆွဲနှုတ်ဆက်) a hi sih leh nat na nei mi khat tawh ki nai a om ton na pan zong ki law thei hi

People of asian decent, including Chines-Americans, are no more likely to get COVID-19 than any other race or ethnicity. The virus does not discriminate, and neither should you!

Asian pan a piang mi nam (အာရှနွယ်ဖွားလူမျိုး) Sen-American (တရုတ်အမေရိကန်) ci te in a dang mi nam dang te sang in COVID-19 nat na nga kha zo lo thei hi. Tami nat na in nang bek hi lo, koi ma khen tuam/dei dan tuam nei lo hi.

What are the Symptoms? Natna bang ci lah a hei?(ဂါလက္ခဏာများကဘာလဲ)

Illnesses can range from mild to severe, and can require hospitalization. Symptoms include:

Fever, cough, shortness of breath

cidam lo dan a nam nam in om a, a na maimai pan a nasia mah mah zong hit hei a zato lup kul sen dong zong ki sam thei hi. Natna I a လက္ခဏာ pen (naci a nat leh a nat lo bang ci theih ding)

Fever-(Cisa) cough(Khuh)Shortness of breath (huikhamlo/nak dan tom)ci te hi.

How to Prevent COVID-19 (COVID-19 bang ci ka dal ding)